



Los Angeles County Department of Public Health
Nutrition Program

Breakfast Made Easy

Lesson Plan



COUNTY OF LOS ANGELES
Public Health
Nutrition Program

Breakfast Made Easy Lesson Plan

Introduction

The purpose of this class is to promote the importance of breakfast and calcium to a growing family.

Objectives:

After completing this class, participants will be able to:

1. Identify health benefits of eating a balanced breakfast.
2. Demonstrate the knowledge of planning a balanced breakfast.
3. Demonstrate the knowledge that all types of milk provide the same amount of calcium but vary in their fat content.

Duration of Class:

One and a half hours

Material Needed:

1. **Materials needed for visual aids:** Empty food containers/wrappers or food models of the following items (provide as much as you can):

a. THE GRAIN GROUP:

- i. Whole grain cereal varieties
- ii. Sweetened cereal varieties
- iii. Hot cereal-cream of wheat and oatmeal
- iv. A variety of bread wrappers (whole wheat, white, pita, bagel and English muffins)
- v. Tortillas wrappers (corn and flour)
- vi. Empty boxes of low-fat crackers

b. THE MILK GROUP:

- i. Milk (whole, reduced-fat, low-fat, nonfat, chocolate and strawberry)
- ii. Yogurt
- iii. Cheese
- iv. Low-fat cottage cheese

c. THE FRUIT AND VEGETABLE GROUPS:

- i. Juice and fruit drinks
- ii. Packages of frozen fruits and vegetables

- iii. Canned fruits and vegetables
- iv. Fresh fruits and vegetables (if possible)

d. THE MEAT AND BEANS GROUP:

- i. Empty wrappers of healthy choices of breakfast meats
- ii. Empty egg cartons
- iii. A variety of dried beans
- iv. Empty jars of low-fat, low-sugar peanut butter

e. OTHER ITEMS DEPICTING FATS AND SUGARS:

- v. Snicker® bar or food model of 5 strips of bacon (same saturated fat as one cup of milk)
- vi. Empty jelly jars

2. Materials needed for class activity:

- a. A box of cereal
- b. Empty cereal bowls
- c. Measuring cups
3. Materials needed for instruction:
 - a. Writing board or flipchart
 - b. Markers
 - c. MyPyramid poster

Class Handouts:

1. Profile of balance breakfast
2. MyPyramid
3. Breakfast Ideas for Everyone
4. Breakfast Tips

Breakfast Made Easy-Class Outline:

1. Welcome and pretest
2. Introduction of the topic
3. Objectives
4. Warm up
5. Reasons for skipping breakfast
6. Benefits of eating breakfast
7. Breakfast, children and learning
8. Profile of a balanced breakfast
9. Focus on MyPyramid for planning a balanced breakfast
10. Fitting it all in: Tips for preparing and serving breakfast
11. Conclusion
12. Posttest




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Time & Instructions	Topic	Materials
(5 minutes)	<p>Pretest</p> <p>Name_____</p> <p>Date_____</p> <p>Please read each question carefully and circle true or false:</p> <ol style="list-style-type: none"> Breakfast is the most important meal of the day. A. True B. False It is a good habit to eat breakfast every morning. A. True B. False Children who eat breakfast do better in school than those who do not eat breakfast. A. True B. False Children who participate in the free lunch program are also eligible to participate in the free breakfast program. A. True B. False One of the foods for breakfast should always be from the milk group. A. True B. False 	Distribute pretest and collect after participants are finished.





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6. The breakfast menu should be restricted to specific foods only.
A. True
B. False
7. MyPyramid is a great tool to use for planning a balanced breakfast.
A. True
B. False
8. It is okay to skip breakfast.
A. True
B. False



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Time & Instructions	Topic	Materials
(5 minutes)	1. Welcome and pretest: Introduce yourself: Hello, good morning/afternoon, my name is _____. I am _____. The title of our class today is "Breakfast Made Easy." We will start out with a pretest.	Distribute pretest and collect it after participants are finished.
(1 minute)  Explain to Participants	2. Introduction of the topic: The purpose of this class is to promote the importance of breakfast and calcium to a growing family.	Distribute class handouts
(1 minute) List	3. Objectives: After completing this class, participants will be able to: <ul style="list-style-type: none"> • Identify health benefits of eating a balanced breakfast. • Demonstrate the knowledge of planning a balanced breakfast. • Demonstrate the knowledge that all types of milk provide the same amount of calcium but vary in their fat content. 	Refer to objectives on flip chart
(3 minutes) Tell Participants 	4. Warm up: <ul style="list-style-type: none"> • While breakfast is considered the most important meal of the day, it is the most frequently skipped meal. • Studies show that up to 30% of adults ages (18-35) and 51% of children ages (9-15) skip breakfast on a regular basis. • Breakfast eaters are more likely to meet requirements for nutrients such as calcium and iron. 	
(6 minutes) Ask Participants 	5. Reasons for skipping breakfast: <u>How many of you skipped breakfast today, and why?</u> <i>Allow participants time to give you their answers.</i>	Use white board to write down their answers.



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<p>Tell Participants</p> 	<p>Here are some reasons why people skip breakfast:</p> <ul style="list-style-type: none"> • Trying to lose weight • Not enough time • Too much to do in the morning • Would rather sleep • Not hungry in the morning • Nothing available to eat 	
<p>(10 minutes)</p> <p>Ask Participants</p>  <p>Tell Participants</p>  <p>Ask Participants</p> 	<p>6. Benefits of eating breakfast:</p> <p><u>How many of you ate breakfast today?</u></p> <p><i>Allow participants time to give you their answers</i></p> <p>Good. Breakfast literally means “break-fast” after not eating all night long.</p> <p>Discuss the relationship between breakfast and performance using the key points listed below:</p> <ul style="list-style-type: none"> • Glucose is the form of sugar carried in your blood and is the energy source that jumpstarts your cells. Glucose gives your muscles fuel to perform; and it feeds your brain so you can think. • While you sleep, your body’s supply of glucose decreases. • So breakfast is important because the foods you eat restock your glucose supply and provide the nutrients your body needs to get through the day. <p><i>Can anyone tell me the benefits of eating breakfast to adults?</i></p> <p><i>Allow participants time to give you their answers</i></p>	<p>Use white board to write down their answers</p> <p>Use white board to write down their answers</p>

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	<p>Examples of how breakfast benefits you as an adult:</p> <ul style="list-style-type: none"> • Boosts your brain power. • Contributes to success of your day's activities. • Increases your energy level in the morning so you can do the things you want to do. • Provides you with the nutrients you need to look good and feel great. • Allows you quality time with your family each morning. • Helps you maintain your weight. When you eat breakfast you are less likely to be very hungry for mid-morning snacks or lunch; overall you tend to eat less fat during the day. 	
<p>(10 minutes)</p> <p>Ask </p> <p>Participants</p> <p>Tell </p> <p>Participants</p>	<p>7. Breakfast, children and learning:</p> <p><u>How can breakfast benefit your children?</u></p> <p><i>Allow participants time to give you their answers</i></p> <p>Here are some examples of benefits to children who eat breakfasts. They:</p> <ul style="list-style-type: none"> • are less likely to be absent from school or tardy. • score higher on tests and have better concentration. • are more creative, work faster and make fewer mistakes. • are more likely to participate in physical activities. • have better muscle coordination. • tend to eat healthier overall. • are less likely to be overweight. When children eat breakfast, they are less likely to eat higher calorie, less nutritious foods later in the day. • Children who participate in the School Lunch Program at their school may also be eligible for the School Breakfast Program. • To learn more about School Breakfast and Lunch Programs check 	<p>Use white board to write down their answers</p>

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	<p>with your school or log onto the following websites: www.lausd.k12.ca.us www.healthyschoollunches.org</p>	
<p>(10 minutes)</p> <p>Explain to Participants </p>	<p>8. Profile of a balanced breakfast:</p> <ul style="list-style-type: none"> • A balanced breakfast made up of complex carbohydrate (starch), protein and fat provides a sustained release of energy and prevents a drop in blood sugar for several hours. • Let me show you the type of effect on your body when you eat an unbalanced breakfast versus a balanced breakfast. <p>Pointing to one chart at a time, tell participants:</p> <ul style="list-style-type: none"> • Let's look at the first chart. We see that sugary foods like fruit juice, donuts, candy and soda that are eaten alone in place of a balanced breakfast can cause your blood sugar and energy levels to quickly go up. After about an hour, your blood sugar and energy levels will drop, making you feel hungry. • Now let's look at the second chart. We see that a balanced breakfast that contains starch, protein and fat provides you a continued release of energy and prevents a drop in your blood sugar and energy level for many hours. • After your body burns up the starch in the first hour, it will burn the protein in the second hour, then your body will burn the fat in the third hour. So your body will have energy that lasts at least 3 hours from the well-balanced breakfast. 	<p>Refer to "Profile of a Balance Breakfast" handout and charts. Point to one chart at a time.</p>
<p>(30 Minutes)</p> <p>Tell Participants </p>	<p>9. Focus on MyPyramid for planning a balanced breakfast:</p> <ul style="list-style-type: none"> • Breakfast should include a selection from at least three of the five food groups listed in MyPyramid, with one being the milk group. 	<p>Display the "MyPyramid" poster and refer to it throughout this section.</p>

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Tell Participants



The five food groups as listed in MyPyramid are as follows:

- Grains (breads and cereals)
- Vegetables
- Fruits
- Milk (milk, cheese, and yogurt)
- Meat & Beans (meats, beans, peanut butter & nuts)

Note: For the purpose of this class, the fruit and vegetable groups will be combined into one group.

The first food group is the GRAIN GROUP (Breads and Cereals):

- Food examples of this group include sliced bread, cereal, tortillas, pita bread, English muffins and bagels.
- This group provides your body with carbohydrate for energy and fiber for a healthy digestive system.

Class Activity Number One (Optional)

Sugar and fiber activity:

Share examples of a variety of whole grain products; compare sugar and fiber content in grains by reading food labels on the displayed food wrappers.

Class Activity Number Two (Optional)

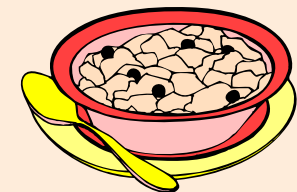
Cereal activity:

- As a demonstration of how easy it is to consume additional calories, ask for a volunteer participant who has had cereal for breakfast.
- Have this volunteer pour into a bowl the amount of cereal that he or she ate that morning.
- Ask the volunteer to estimate the number of servings there are in the bowl.
- Measure out one serving of the same breakfast cereal (see the food label for amount; usually 3/4 cup).



Display **empty packages of whole grain products: sliced bread, pita bread, tortilla, English muffins, bagels and variety of hot and cold cereals.**

Provide a **full box of whole grain cereal, measuring cups and a cereal bowl.**



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**Tell
Participants**



- Place the one serving next to the bowl that the volunteer poured.
- Measure the amount that the volunteer poured into the bowl.
- Compare the amount the volunteer participant poured to the amount that equals one serving.

The second and third food groups are the FRUIT AND VEGETABLE GROUPS:

- Fruits and vegetables can be fresh, frozen or canned (some fruits are dried).
- This group provides your body with vitamins A, B vitamins and vitamin C. This group is also a good source of fiber and many important minerals that your body needs.
- Be careful not to confuse the 100% fruit or vegetable juice with a fruit drink such as Kool-Aid® or punch.

Using visuals, have participants compare the the sugar content between juices and fruit drinks by looking at the labels and ingredient listing.

**Class Activity
Number Three
(Optional)**

**Tell
Participants**



The fourth food group is the MILK GROUP:

- Milk Group includes milk, (whole, low- fat, 2%, 1% or fat-free) cheese, cottage cheese and yogurt.
- This group provides your body with the Calcium needed for strong bones and teeth, and supplies your body with important vitamins and minerals such as potassium, vitamin A, and D.
- One of the foods for breakfast should always be from the milk group, that's because growing bones need a great deal of calcium.
- If you or your family members avoid milk products because of lactose intolerance, you can add an over- the-counter lactase enzyme to your milk or choose lactose free milk or yogurt, hard cheeses, soy milk with calcium and vitamin D added or calcium



Display **empty packages and containers of the different types of fruits, vegetables and juices. Try to include fresh fruits and vegetables if possible.**

Display **empty containers of juice and fruit drinks.**

Show the **different containers of milk and milk products.**



Show **milk containers to demonstrate.**

Refer to **the handout "Breakfast Ideas for Everyone"**

Tell Participants



fortified orange juice.

Milk, Calcium and Fat content:

Teach participants that although all types of milk provide the same amount of calcium, milk fat content varies across the types.

Deliver this message by explaining the following points:

- All types of milk provide the same amount of calcium, but differ in their fat content.
- Milk comes in various types such as whole, low- fat, 2%, 1% or fat-free and flavored milk (chocolate and strawberry).
- Milk is an important part of a healthy diet, but it can also be a big source of saturated fat if you choose whole or 2% milk instead of 1% or fat-free.
- One cup of whole milk has as much artery-clogging saturated fat as a Snickers candy bar, 5 strips of bacon or a fast food hamburger.
- 2% milk is not really low-fat. One cup has as much heart-unhealthy fat as 3 strips of bacon.
- Children who drink one cup of 1% milk instead of 2% milk during the school day would cut almost 19% of fat from their diet.

Milk activity: Teach participants how to identify the fat content on the various types of milk containers.

Class Activity Number Four (Optional)

Tell Participants



Using the different types of milk containers, have participants compare fat content by looking at the labels listed on the containers.

The fifth food group is the MEAT AND BEANS GROUP:

- The Meat and Beans Group includes eggs, meat, fish, chicken, as well as beans, nuts, seeds, and peanut butter.
- This group provides your body with protein to maintain heal and



Show **food models to demonstrate.**

Pass around the **different types of milk containers.**

Display **empty containers/packages of beans, peanut butter, seeds and any protein containing foods.**



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	build your muscles and tissues.	
<p>(10 minutes)</p> <p>Ask Participants </p> <p>Tell Participants </p>	<p>10. Fitting it all in:</p> <p><u>What methods do you use to prepare breakfast? How do you encourage your family to eat breakfast?</u></p> <p><i>Allow participants time to give you their answers.</i></p> <p>Great, let's look at some additional ideas for preparing and serving breakfast to your families:</p> <ul style="list-style-type: none"> • Get a head start: Prepare breakfast the night before. Cut up fruit for a ready cereal topping, or prepare a pancake mix. • Be creative: Have combination foods such as pizza, bean burrito with juice or cereal, fruit and milk. • Teach by example: Children often learn most by example, keep in mind that: BREAKFAST EATING PARENTS = BREAKFAST EATING CHILDREN. • Eat together: Take advantage of weekends and make time for special family breakfast. • Involve children in the process: Involved your children in shopping, preparing and planning healthy breakfast meals. • Use your leftovers from the past meals as breakfast foods. • Make it delicious: The body doesn't really care what kind of food is eaten at breakfast as long as it is healthy and tastes good. • Keep it simple: Choose foods that are easy to prepare. • Keep it nutritious: All nutritious foods make a great breakfast. 	<p>Use white board to write down their answers.</p> <p>Refer to the handout "Breakfast Ideas for Everyone."</p> <p>Show the breakfast examples listed on the hand out "Breakfast Ideas for Everyone." and "Breakfast Tips"</p>
<p>(2 minutes)</p>	<p>11. Conclusion</p> <ul style="list-style-type: none"> • Breakfast is an important meal that helps you and your family stay healthy. Remember a balanced breakfast should provide a healthy variety of foods to start the day on the right track. Thus, a balanced breakfast should include a selection from at least three of the five food groups listed in MyPyramid, with one being 	

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	the milk group. For better health, when drinking milk, remember to choose the 1% fat or the fat-free milk.	
(5 minutes)	<p>Posttest</p> <p>Name_____</p> <p>Date_____</p> <p>Please read each question carefully and circle true or false:</p> <ol style="list-style-type: none"> Breakfast is the most important meal of the day. <ol style="list-style-type: none"> True False It is a good habit to eat breakfast every morning. <ol style="list-style-type: none"> True False Children who eat breakfast do better in school than those who do not eat breakfast. <ol style="list-style-type: none"> True False Children who participate in the free lunch program are also eligible to participate in the free breakfast program. <ol style="list-style-type: none"> True False 	Distribute posttest and collect after participants are finished.

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5. One of the foods for breakfast should always be from the milk group.
A. True
B. False
6. The breakfast menu should be restricted to specific foods only.
A. True
B. False
7. MyPyramid is a great tool to use for planning a balanced breakfast.
A. True
B. False
8. It is okay to skip breakfast.
A. True
B. False